

中学英语学习新思维丛书

Vocabulary & Grammar of NEW SEFC

普通高中课程标准实验教材

英语同步

高一上

词汇与语法

because of

in one's opinion

in search of

be honest with

with the help of

浙江教育出版社



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Vocabulary & Grammar of NEW SEFC

普通高中课程标准实验教材

英语同步 高一上 词汇与语法

编写 朱建焕 沈关金 袁达廉 汪敏珠

编者

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编写说明

词汇和语法是语言的两大要素。词汇是语言最基本的材料,离开词汇,语言就不复存在;语法是语言的结构方式,没有语法,语言就失去了实际意义。英国著名语言学家D.A. Wilkins曾说过:“Without grammar very little can be conveyed; without vocabulary nothing can be conveyed.”可见,语言的学习离不开词汇和语法。

本书是配合人教版《普通高中课程标准实验教科书 英语 必修(1)(2)》编写的同步词汇与语法方面的助学读物。供高一年级第一学期学生使用。每一单元由两大块组成。第一大块为词汇,其中设词汇讲解和词汇练习两个栏目。词汇讲解中所列的单词或短语与教材词汇表同步,每个单词后标注音标、词性、词义,并举出例句。根据需要在所列的单词或短语后设置【用法】、【搭配】、【辨析】等内容。【用法】主要是对该词的一些习惯用法进行简要的说明,【搭配】主要是列出该词的一些常见的固定搭配,【辨析】主要是指同义词间的用法的区别。词汇练习目标明确,题型活泼多样,旨在帮助学生记忆、巩固和拓展所学词汇,较好地掌握它们的基本用法。第二大块为语法,由语法讲解和语法练习两部分组成。语法讲解涵盖每一单元中的重点语法项目、句型结构和语言知识点,并对这些内容进行了深入浅出的讲解;语法练习针对性强,侧重基础和适当灵活拓展,以利于学生举一反三、触类旁通,及时巩固所学知识,逐步形成综合语言应用能力。

本书由几位教学经验丰富的高级教师共同编写而成。第一模块的第一、二单元由朱建焕老师编写,第三、四、五单元由沈关金老师编写;第二模块由袁达廉和汪敏珠老师编写。

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Unit 1 Friendship

Part One 词汇

I. 词汇讲解

热门单词 / 热门短语

△ **survey** /'sɜ:veɪ/ *n.* 调查; 测验

【例句】According to the survey women live longer than men.

根据调查, 女人比男人长寿。

add /æd/ *vt.* 增加; 补充说

【例句】The fire is going out. Will you add some wood?

火将要熄灭了, 你添点木柴好吗?

He added that he would visit the city again next year.

他补充说他明年会再来参观这城市。

add up 把……加起来

【例句】Would you please add up the two numbers?

请你把这两个数字加起来好吗?

【辨析】**add up; add to; add...to...; add up to**

add up 表示“把……加起来”。例如: It's difficult to add up such large numbers.

很难把这些大数目加起来。add to 表示“增加”。例如: The terrible weather

adds to the difficulty of the journey. 可怕的天气增加了旅途的困难。add...to...

表示“把……增加到……”。例如: If you add 3 to 5, you will get 8. 如果你把 3

加到 5 上, 那么你就会得到 8。add up to 则表示“合计; 总数达到”(注意没有被动语态)。

例如: The two numbers add up to 8. 这两个数字加起来总数是 8。

point /pɔɪnt/

n. 分数; 点; 时刻; 尖端

【例句】How many points did Yao Ming get in that match?

姚明在那场比赛中得了多少分?



He was on the point of leaving when I arrived. 当我到达时,他正要离开。

【搭配】get to the point 切入主题

the key point to doing sth 做某事的关键;做某事的要点

the turning point 转折点 the freezing point 冰点

to the point 切题;中肯 beside the point 离题

There is no point of doing... 做……没有什么意思

vi. 指出

【例句】Pointing at the letter, the teacher taught us how to pronounce it.

老师指着这个字母,教我们怎样发音。

【搭配】point out the mistake 指出错误

point out that... 指出…… point at / to 指向

upset /ʌp'set/

adj. 不安的

【例句】I am upset when hearing the news that I didn't pass the exam.

听到自己没有通过考试的消息我感到很不安。

【搭配】be upset at... 对……感到不安

vt. (upset, upset; upsetting) 使……不安

【例句】Don't upset him by asking him such a difficult question.

不要问他这样难的问题,让他感到不安。

【搭配】upset sb 使某人感到不安

ignore /ɪg'nɔ:/ vt. 忽视;忽略

【例句】It's a bad manner to ignore the presence of them.

忽略他们的在场是很不礼貌的。

【搭配】ignore one's presence 忽略……的在场

ignore one's existence 忽略……的存在

calm /kɑ:m/

adj. 平静的;镇定的

【例句】Tom remained calm in face of danger. 面对危险汤姆仍然很镇定。

vt. 使……平静下来;使……镇定下来

【例句】The mother is calming the baby. 母亲正在让孩子平静下来。

calm down 平静下来

【例句】Do you know how we can calm Tom down?



你知道怎么样使汤姆平静下来吗?

【搭配】calm sb down = make sb calm down 使某人平静下来

have got to 不得不; 必须

【例句】We have got to make a quick decision now. 我们不得不马上作出决定。

concern /kən'sɜːn/

n. 关心; 关注

【例句】My concern is my son's safety. 我担心的是我儿子的安全。

vt. 涉及; 关系到

【例句】The topic concerns the environment protection. 这个话题牵涉到环境保护。

be concerned about 对……担心; 对……关注

【例句】We are concerned about the pollution problem in this city.

我们担心这个城市的污染问题。

walk the dog 遛狗

【例句】John has formed a habit of walking the dog after supper every day.

约翰已经养成了每天晚饭后遛狗的习惯。

loose /'luːs/ adj. 宽松的; 放松的; 松散的

【例句】Snow is very loose while stones are hard. 雪很软而石头很硬。

cheat /tʃiːt/

vt. & vi. 欺骗; 作弊

【例句】He succeeded in cheating the old woman of the diamond necklace. (vt.)

他成功地骗取了那个老妇人的钻石项链。

The student was caught cheating in the examination. (vi.)

这个学生在考试中作弊被抓了。

【辨析】rob; steal; cheat; lie

这四个动词都是贬义词。rob 表示“抢”，构成短语 rob sb of sth。例如：They robbed the man of his watch. 他们抢走了这个男人的手表。steal 表示“偷”，构成短语 steal sth from sb。例如：They stole a watch from the man. 他们从那男人处偷了一只手表。cheat 表示“(考试)作弊”。例句见上。lie 则表示“说谎”，是不及物动词，必须在后面加 to 才能接宾语 sb。例如：They lied to the man that the watch was theirs. 他们向那男人谎称这手表是他们的。

n. 骗子

【例句】He is nothing but a cheat. Don't believe in him. 他只是个骗子，不要相信他。



reason /'ri:zn/

n. 理由;原因

【例句】For what reason does he look so unhappy? 为什么他看上去这么不高兴?

【搭配】for this reason 因为这个理由 for some reason 因为某个理由
for no reason 莫名其妙地

【辨析】**cause; reason; excuse; explanation**

这四个名词都表示“理由”,但意思上稍有差异。**cause** 往往指不幸事件的起因。

例如:Do you know the cause of the accident? 你知道事故的起因吗? **reason** 则指一般性事件的原因,与介词 **for** 连用。例如:It was for that reason that he

asked a day off. 就是因为那个理由他才请假一天。**excuse** 是指根本站不住脚、凭空捏造的借口。例如:He made up an excuse to make others believe him. 他编造了一个借口让其他人相信他。**explanation** 是指对别人不清楚的事物进行解释。例如:If you don't understand the meaning of the word, I will give you a further explanation. 如果你不理解这个单词的意思,我将给你作进一步的解释。
explanation 在语意上与前面三个差别较大。

vi. 与……讲道理

【例句】It is no use reasoning with such a stubborn person.

与这样顽固的人讲道理是没有用的。

【搭配】reason with sb 与某人讲道理

list /list/

n. 单子;名单

【例句】There are a lot of names in this list. 在这张单子上有很多名字。

【搭配】a name list 名单 a shopping list 购物清单

vt. 列出

【例句】Can you list all the problems that you have met?

你能够列出所有你遇到的问题吗?

share /ʃeə/

vt. 分享

【例句】We share a small room between us. 我们共用一间小房间。

【搭配】share (in) sth 分享某物 share in sth with sb 与某人分享某物

n. 一份;一部分

【例句】Let me take a share in the expense. 这些费用让我出一份子。



【搭配】a share of 一份

feeling /'fi:liŋ/ *n.* 感觉

【例句】I have a feeling that he is telling a lie. 我感觉他在说谎。

go through 经历;遭受

【例句】Have you ever gone through any difficulties in your life?

你在生活中有没有经历过困难?

【搭配】go through some difficulty / hardship / trouble 经历一些困难

hide away 藏起来

【例句】Please hide away your money in order not to be seen by others.

请把钱藏起来,以免被别人看到。

set down 写下;记下

【例句】You must form a habit of setting down your thoughts every day.

你必须养成每天记下所思所想的习惯。

【搭配】set down one's thoughts 写下某人的想法

【辨析】set down; set out; set about; set up

set down 表示“写下”。例如:Have you set down what the professor said just now? 你有没有写下教授刚才说的话? set out 和 set about 都可以表示“开始做某事”,set out 后必须接动词不定式。例如:He set out to make toys. 他开始着手做玩具。set about 后面必须接动名词。例如:He set about making toys. 他开始着手做玩具。set up 相当于 found,表示“成立;创立”。例如:The PRC was set up in 1949. 中华人民共和国成立于1949年。

series /'siəri:z/ *n.* 连续;系列

【例句】Are you watching the television series on the Yellow River?

你看有关黄河的电视系列片吗?

a series of 一系列;一套

【例句】There are a series of books on this topic. 这里有一系列关于这个话题的书。

outdoors /aut'dɔ:z/ *adv.* 在室外

【例句】I would rather study outdoors than study at home.

比起在家里学习,我宁愿在室外学习。

crazy /'kreɪzi/ *adj.* 疯狂的;狂热的

【例句】That noise is driving me crazy. 那噪音吵得我要发狂。

The kids went crazy when the film star appeared.



reason / 那位影星一出场,孩子们欣喜若狂。

【搭配】be crazy about 对……疯狂;对……着迷

nature /'neɪtʃə/ *n.* 自然界;本质

【例句】Is nature at its best in spring? 自然界在春天是最美的吗?

【搭配】in nature 在自然界

△**spellbind** /'spelbaɪnd/ *vt.* (spellbound, spellbound) 迷住;迷惑

【例句】Television has spellbound the public. 电视已迷住了公众。

purpose /'pɜ:pəs/ *n.* 目的;意图

【例句】What's his purpose of saying that? 他那样说有什么意图啊?

on purpose 故意

【例句】Maybe he said that on purpose. 可能他故意那样说的。

【辨析】by mistake; for fun; by accident / chance; on purpose

by mistake 表示“错误地”,强调无心之过。例如:I took your umbrella by mistake because I had thought it was mine. 我误拿了你的雨伞,因为我还以为这是我的伞。

for fun 侧重表示“为了好玩,没有什么目的”,带有一点调侃性质。例如:I

took your umbrella for fun because I wanted to see your embarrassment. 我为了

好玩拿了你的雨伞,因为我想看看你尴尬的模样。by accident / chance 则是强

调无心之举动,表示“偶然地”。例如:I met my old classmate by accident. 我偶

遇我的老同学。on purpose 在意义上与前面三个短语差别最大,它表示“有目的

地;故意地”,强调在做某事之前就有预谋。例如:He told the lie on purpose in

order to be forgiven. 他故意撒谎,因为他想被原谅。

in order to 为了……

【例句】I work hard in order to pass the exam. 为了通过考试我努力学习。

【搭配】in order not to do... 为了不去做……

【辨析】in order to do...; so as to do...

这两个短语意思相同,都表示“为了去做……”,但用法上有细微差别。in order

to do...既可以放在句中,也可以放在句首,而 so as to do...只能放在句中,不

能放在句首。

dare /deə/ *vt. & v. aux.* 敢;敢于

【例句】He doesn't dare to go out alone at night. (*vt.*)

他晚上不敢一个人外出。

He dare not go out alone at night. (*v. aux.*)



他晚上不敢一个人外出。

【用法】dare 作实义动词时,后面往往接动词不定式,变成否定句时必须在前面加助动词 do, does 或 did。而 dare 作情态动词时,后面直接加动词原形,变成否定句时直接在 dare 后面加 not 即可。

【搭配】dare to do sth 敢于做某事 doesn't dare to do sth 不敢做某事
dare not do sth 不敢做某事

thunder /'θʌndə/

n. 雷;雷声

【例句】We can hear a long roll of thunder now. 我们能够听到轰隆隆的雷声。

vi. 打雷;雷鸣

【例句】Listen, it is thundering now! 听,在打雷!

entirely /ɪn'taɪəli/ adv. 完全地;全然地;整个地

【例句】I agree with what he said entirely. 我完全赞同他所说的。

power /'paʊə/ n. 权力;能量;能力

【例句】I have enough power over them. 我对他们有足够的支配权。

Do you doubt the power of love? 你怀疑爱的力量吗?

【搭配】in power 掌权 power station 发电站

【辨析】**strength; power; force; energy**

strength 表示“人的体力”。例如:After the long journey his strength gave out. 长途旅行后他的体力耗尽了。power 指“能量”或者“权力”。例如:We must make use of the old men's power. 我们必须好好利用老人的能量。force 则指“武力”。例如:At no time will China use force first. 中国决不首先使用武力。energy 表示“精力”和“能源”。例如:He is full of energy and never feels tired. 他精力充沛,从来不觉得累。

face to face 面对面地

【例句】I think I had better talk with him face to face.

我认为最好应该与他面谈一下。

according /ə'kɔ:diŋ/ adv. 按照;根据

【例句】You may go or stay, according as you decide. 去留由你来定。

accordingly /ə'kɔ:diŋli/ adv. 按照;依据

【例句】You told me to lock the door and I acted accordingly.

你叫我锁门,我照做了。



according to 根据;根据……所说

【例句】According to what he said, a lot of people had been killed in that coal mine accident.

根据他所说的,在那次矿难中有很多人丧生。

trust /trʌst/

vt. 信任;信赖

【例句】I don't think he is the person that you can trust.

我认为他不是你可以信任的人。

【辨析】believe; trust

believe 与 trust 的区别体现在程度上。believe 表示一般程度上的“相信”。例如: Do you believe what he said? 你相信他所说的吗? trust 表示“信任;信赖”,程度比较深。例如: I don't trust that person because he often changes his mind. 我不太信任那个人,因为他总是改变主意。

n. 信任

【例句】Do you have trust in that person? 你信任那个人吗?

【搭配】have trust in sb 信任某人

indoors /ɪnˈdɔːz/ adv. 在室内;入室内

【例句】It is not good to stay indoors all the time. 总是待在室内是不好的。

【搭配】play indoors 在室内玩 play outdoors 在室外玩

suffer /ˈsʌfə/ vt. & vi. 承受……的痛苦;忍受;经历

【例句】I have suffered from the illness for three years. (vi.)

我承受这病的痛苦已经三年了。

The party suffered a defeat in the general election. (vt.)

该党在大选中失败。

【搭配】suffer from 承受……的痛苦

teenager /ˈtiːn,eɪdʒə/ n. 十几岁的青少年

【例句】When he was a teenager he was very aggressive.

少年时,他很有攻击性。

get along with 与(某人)相处很……;(某事)进展很……

【例句】I am getting along well with my new classmates now.

现在我跟我的新同学相处很融洽。

【搭配】get along well with 与(某人)相处很融洽;(某事)进展很顺利

get along badly with 与(某人)相处很不融洽;(某事)进展很不顺利



△gossip /'gɒsɪp/

n. 闲话; 闲谈

【例句】I have a good gossip with my friend. 我与朋友闲聊。

vi. 闲话; 闲谈

【例句】I can't stand here gossiping all day. 我不可能整天站在这儿闲聊。

fall in love 爱上某人

【例句】He fell in love with one of his classmates when he studied in that university.

他在那所大学学习时爱上了一个女同学。

【辨析】fall in love with sb; be in love with sb

fall in love with sb 表示“爱上某人”，侧重表示动作。例如：They fell in love with each other ten years ago. 他们十年前爱上了对方。be in love with sb 表示“爱上了某人”，侧重表示状态，可以跟一段时间。例如：They have been in love with each other for ten years. 他们相爱已经有十年了。

advice /əd'vaɪs/ n. [U] 意见; 建议

【例句】His advice on how to learn English is very useful.

他有关学习英语的建议很有用。

【搭配】a piece of advice 一条意见 / 建议

give sb some advice on sth / how to do sth

给某人有关某事 / 如何做某事的建议

accept / take / follow one's advice 接受某人的建议

refuse / turn down one's advice 拒绝某人的建议

【辨析】advice; suggestion

这两个词同样表示“建议; 意见”，区别在于 advice 是不可数名词，suggestion 则是可数名词。同样表示“一条建议”，我们必须说 a piece of advice 或者 a suggestion，千万不能说 an advice 或者 a piece of suggestion。

questionnaire /'kwɛstʃə'neə/ n. 调查表; 问卷

【例句】Have you received a questionnaire from their company?

你有没有收到他们公司的调查表?

quiz /kwɪz/

n. 测验; 提问

【例句】The teacher gave us a five-minute quiz. 老师给我们一次五分钟的测验。

vt. 对……进行测验



【例句】The teacher likes to quiz his students in his class.

老师喜欢在课堂上对他的学生进行测验。

situation /ˈsɪtʃuˈeɪʃən/ *n.* 形势;处境;(建筑物等的)位置

【例句】What do you think of the present political situation of China?

你认为现在中国的政治形势怎么样?

【例句】His house is located in a good situation at the top of the mountain.

他的房子位于山顶的一个好位置。

【搭配】...be in the situation where... 处于……的处境中

【辨析】**state; condition; position; situation**

state 表示“状态”。例如:He is in a good state of health. 他的健康状况很好。

condition 表示“条件”。例如:The working conditions of them are terrible. 他们

的工作条件很糟糕。position 表示“方位;职位”。例如:I think it is unwise to

give such a young man such an important position. 我认为给这样的年轻人这么

重要的职位是不明智的。situation 表示“形势;处境”。例句见上。

editor /ˈedɪtə/ *n.* 编辑

【例句】Mr Wang works as an editor for that newspaper. 王先生是那家报纸的编辑。

communicate /kəˈmjuːniket/ *vi.* 交流;交际

【例句】Before making a decision you'd better communicate with him.

在作决定之前你最好与他交流一下。

【搭配】communicate with sb 与某人交流思想/情况

communicate with sth 被联系;被沟通

join in 加入;参加

【例句】Would you like to join in the game? 你愿意参加比赛吗?

【辨析】**join in; join**

两者都表示“参加”,但 join in 和 join 所跟的宾语不同。join in 后面加活动,而

join 后面加人或组织。请比较下面两句:

Can you join in the game? 你能参加这个比赛吗?

Can you join us in playing the game? 你能与我们一起比赛吗?

habit /ˈhæbɪt/ *n.* 习惯;习性

【例句】Getting up early every morning is his habit. 每天早起是他的习惯。

【搭配】form a habit of doing sth = get into the habit of doing sth 养成做某事的习惯

be in the habit of doing sth (已经)养成了做某事的习惯



【辨析】habit; hobby; custom; practice

habit 表示“习惯”，既可以是好的，也可以是坏的。例如：David has formed a habit of telling lies. 大卫已经养成了撒谎的习惯。hobby 表示“爱好；兴趣”。例如：David has a hobby of collecting stamps. 大卫有收集邮票的爱好。这两个词都是对个人而言。custom 和 practice 是对一群人而言。custom 表示“风俗”。例如：Celebrating Spring Festival is a custom in China. 庆祝春节是中国的风俗。practice 表示“举措；习惯做法”，构成短语 a common practice (惯例)。例如：Arriving at a clinic on time is a common practice in western countries. 在西方国家，按时到诊所是一个习惯做法。

II. 词汇练习

一 单项填空

下面每一题只有一个正确答案，请从四个选项中选择唯一正确的答案。

- In _____ nature there are _____ great many insects.
A. the; a B. the; the C. /; the D. /; a
- _____ about his son's safety he couldn't fall asleep.
A. Concerned B. Concerning C. To concern D. Concern
- The boy has some difficulty _____ all these numbers.
A. adding to B. adding up C. to add to D. to add up
- We must figure out how to solve the problem as soon as possible. So _____, we haven't got much time.
A. arrive at the spot B. have an idea
C. get to the point D. come to an end
- How careless you are to have _____ the presence of him!
A. realized B. found C. forgotten D. ignored
- Is this the _____ why he always quarrels with his wife?
A. reason B. cause C. explanation D. excuse
- In order not to forget the important date, he _____ it _____ in his notebook.
A. set; up B. set; out C. set; down D. set; about
- My grandpa is _____ about football while my grandma likes music.
A. interested B. fond C. curious D. crazy



9. He told his dying father that he would recover soon so as to make him feel less worried.
A. by mistake B. for fun C. by accident D. on purpose
10. I miss the first train I got up early.
A. In order to B. In order not to C. So as to D. So as not to
11. When Hitler came into power he treated the Jews unequally.
A. strength B. power C. force D. energy
12. With a difficult situation, Arnold decided to ask his boss for advice.
A. To face B. Having faced C. Faced D. Facing
13. In view of the reports everyone's fingerprint is unique.
A. According to B. Because of C. In spite of D. In view to
14. In this situation you have no other choice but to remain calm.
A. situation B. state C. position D. condition
15. Bad habits are easy to form but hard to kick away.
A. habits B. hobbies C. customs D. practices

二 单词拼写

1. Don't be upset. Cheer up, please!
2. My wife often takes a shopping trip when she goes out shopping.
3. You should share (分享) sorrows and happiness with your friends.
4. Mr White is trusted (信任) by everyone because he is always honest.
5. He sent me a gift and I will in return (相应地) give him a present.

三 词义配对

请把下面意思相同的两项配成一对。

- | | |
|-------------------------|--|
| () 1. calm | A. thankful |
| () 2. grateful | B. take part in; attend |
| () 3. hide away | C. put something in a place where others can't see |
| () 4. join in | D. have communication with sb |
| () 5. communicate with | E. be not nervous or afraid |

四 单句改错

请首先判断这些句子是否正确,如果不正确,请把它们改正过来。

1. Abraham Lincoln's school education is added up to no more than 2 years in all.
2. To tell you the truth, I am very grateful with you for your support.